

CVCC Café Menu –September 2017

MENU PRICES

Monday	Tuesday	Wednesday	Thursday	Friday
Monday/Friday Express Lunch Pizza Chicken Patty Cheesy Breadsticks Lunch Salad	Tuesday's Express Lunch Pizza Chicken Patty Boneless Wings Lunch Salad	Wednesday's Express Lunch Pizza Boneless Rib Sandwich Mozzarella Sticks Lunch Salad	Thursday's Express Lunch Pizza Chicken Patty Boneless Wings Lunch Salad	1 Buffalo Chicken Macaroni and Cheese Bowl Garlic Toast Seasoned Green Beans Celery Sticks w/ranch dip Applesauce Cup Seasonal Fresh Fruit 1% or FF Milk
4 Labor Day No School	5 Chicken Burrito w/rice, cheese, black beans, lettuce, tomato, salsa and light sour cream Seasoned Corn Seasonal Fresh Fruit Pineapple Chunks 1% or FF Milk	6 Hot Italian Panini w/lettuce and tomato slice Sweet Potato Fries Seasoned Broccoli Seasonal Fresh Fruit Mandarin Orange Cup 1% or FF Milk	7 Pretzel Bacon Cheeseburger w/lettuce, tomato and onion Baked Beans French Fries Frozen Fruit Juice Cup Fresh Orange Wedges 1% or FF Milk	8 Homemade Chicken Salad Sandwich on Sub Bun Seasoned Green Beans Carrots & Celery w/ranch dip Fruit Cup Seasonal Fresh Fruit 1% or FF Milk
11 Italian Pepperoni Calzone w/marinara sauce California Blend Tossed Side Salad Fresh Watermelon Tropical Fruit Cup 1% or FF Milk	12 Beef Soft Taco w/rice, cheese, black beans, lettuce, tomato, salsa Seasoned Corn Seasonal Fresh Fruit Pineapple Chunks 1% or FF Milk	13 Chicken and Waffle w/syrup Tater Tots Juice Box Seasonal Fresh Fruit Mandarin Orange Cup and	14 Cojock Cheeseburger w/lettuce, tomato and pickles Baked Beans French Fries Frozen Fruit Juice Cup Fresh Orange Wedges 1% or FF Milk	15 Asian Chicken Noodle Bowl w/fresh spinach and carrots Whole Grain Roll Seasoned Green Beans Carrots & Celery w/ranch dip Applesauce Cup Seasonal Fresh Fruit 1% or FF Milk
18 Chicken Alfredo Garlic Breadstick California Blend Tossed Side Salad Fresh Watermelon Tropical Fruit Cup 1% or FF Milk	19 Loaded Beef Nachos w/cheese, lettuce, tomatoes, salsa and light sour cream Seasoned Corn Seasonal Fresh Fruit Pineapple Chunks 1% or FF Milk	20 General Tso's Chicken Rice Bowl w/shredded carrots Egg Roll Seasoned Broccoli Carrot Sticks w/ranch dip Seasonal Fresh Fruit Mandarin Orange Cup M&M Cookie 1% or FF Milk	21 Roadhouse Burger w/cheese, bacon, onion ring, lettuce and tomato slice Baked Beans French Fries Frozen Fruit Juice cup Fresh Orange Wedges 1% or FF Milk	22 Buffalo Chicken Macaroni and Cheese Bowl Garlic Toast Seasoned Green Beans Celery Sticks w/ranch dip Fruit Cup Seasonal Fresh Fruit 1% or FF Milk
25 PASTA BAR-Pasta w/choice of meat and sauce Garlic Breadstick California Blend Tossed Side Salad Fresh Watermelon Tropical Fruit Cup 1% or FF Milk	26 Chicken Burrito w/rice, cheese, black beans, lettuce, tomato, salsa and light sour cream Seasoned Corn Seasonal Fresh Fruit Pineapple Chunks 1% or FF Milk	27 Hot Italian Panini w/lettuce, and tomato slice Sweet Potato Fries Seasoned Broccoli Seasonal Fresh Fruit Mandarin Orange Cup 1% or FF Milk	28 Pretzel Bacon Cheeseburger w/lettuce, tomato and onion Baked Beans French Fries Frozen Fruit Juice Cup Fresh Orange Wedges 1% or FF Milk	29 Homemade Chicken Salad Sandwich on Sub Bun Seasoned Green Beans Carrots & Celery w/ranch dip Applesauce Cup Seasonal Fresh Fruit 1% or FF Milk

Combo Lunch- 3.00
 Salad Lunch- 3.00
 Ala Carte Lunch- 3.00
 Student Milk- .50
 Adult Lunch- 3.50
 Adult Milk- .60

NEWS



NUTRITION UPDATE

*Students must select one fruit and/or vegetable serving with each meal.

*All grains offered are whole grain rich.

*Healthy vegetables offered weekly include dark green, red/orange and legumes.

*Milk offered daily is 1% or fat free.

Please note that menus are subject to change without notice due to season and availability.

This institution is an equal opportunity provider.